

Kira Malenevska

Kyiv National University of Technologies and Design

(Kyiv)

Language and scientific supervisor - Gudkova Nataliia

EFFECTS OF STRESS ON STUDENTS' HEALTH AND THEIR ACADEMIC SUCCESS

Introduction. Nowadays we live in the fleeting century which is developing more and more every day, hour and even a second. Everyone has a considerable amount of affairs: few jobs, courses, university and social life. Trying to combine all this in one, the tension is growing and leading us to stress. Although, the majority of population not conscious of repercussion of stress on their health. The quantity of students that deals with a lot of symptoms which caused by regular overworking is incredible [2, p. 18].

The purpose of this article is to study the phenomenon of stress on students, describe the most common and widespread symptoms of stress and examine the tips which help manage stress and concentrate on studies.

Basic material. Stress is the most common problem nowadays. It is a situation, which can disturb the normal physical and mental health of an individual. Hans Selye, a Hungarian scientist who was the first to demonstrate the existence of biological stress, stated that «stress is a nonspecific response of the body to any demands made upon it» [3, p. 27]. In other words, as soon as our body faces an unusual situation it tries to re-establish normalcy. According to Seley there are a number of physiological reactions that occur in our body influenced by destructive experience. Some of them, such as increased heart rate, respiratory rate, blood pressure and blood glucose level occur to ensure muscles and vital organs with a right amount of oxygen, energy and nutritious elements to solve challenging situation. In addition, sustained and serious stress may be psychological damaging as it is induce person's inability to engage in effective behavior. Another view of the effect of stress on the body was presented by Lazarus and Folkman, in that they assert that the

damage which stress causes on our body depends more on a personal perceptions [4, p. 27].

According to investigations, professor Hens Seley highlights two types of stress: distress and eustress [5, p. 37]. The first one is most commonly referred to sort of stress that have negative implications, whereas eustress is usually related to desirable events in a person's life [3, p. 29].

Ironically, stress can be useful and help you to concentrate for a very short period of time. This is due to the body releasing chemicals into the brain to help it focus and pushing adrenaline into the bloodstream in order to heighten the senses, which helps the body to focus on tasks instantly. So, stress, in small amounts, can be a good thing betweenwhiles. Short-term stress really does help your concentration at first, which is very useful when you need to accomplish last-minute assignments, a report for your boss, or you need to quickly fix some computer problems that are interfering with your work. These quick effects, however, do not last. As time passes, the more stress you are undergoing, the more you need to concentrate in order to relieve the causes of the stress. This means that your brain is fighting against itself when you need to get work done. Nevertheless, that feeling is the main cause of stress for many people, so it becomes a self-defeating cycle.

Further, Dr. Sian Beilock, a psychologist in the sphere of cognitive linguistics and education, points out that her research shows that stressful educational situations impact the performance of students. If stress is not managed properly, it can prevent students from successfully achieving their academic goals [1, p. 3].

While students want to succeed in their studies, in these pursuits of the perfection, they could experience situations and events that may lead to stress. Students are attempting to balance their school work with other things such extracurricular activities and even jobs. If they are unable to complete their assignment in the set time, this could cause stress and feelings of being overwhelmed.

The most common and widespread symptoms of stress are poor management skills, concentration difficulties and memory problems and self-distraction thoughts.

Poor management skills. Students who are suffering from high levels of stress could become disorganized and uncertain of their goals and priorities. They tend to procrastinate and neglect responsibilities such as completing assignments and meeting deadlines. Of course, this will affect their study skills and the quality of their work.

Concentration difficulties and memory problems. A high level of stress reduces students' ability to concentrate and memorize all amount of information. Even more, poor concentration could limit students' ability to think critically or at optimal levels during tests. When students are unable to recall necessary details to answer questions, this could lead to poor exam results and limited participation in class activities.

Self-distraction thoughts. Students who are experiencing intense level of stress could be constantly focused on their failures and weaknesses. These types of thoughts lead to underestimation of their capabilities. The results of that is lack of confidence, which prevent them from performing to their highest potential and succeed in school.

Even though the stress is really harmful and difficult to deal with. So, there are several tips how to reduce it.

Take a varied and healthy diet. Eating fresh ingredients and lots of fruit is really important. Juices filled with vitamin C, such as orange or grapefruit, beneficial for your immune system and can cope with stress. When you're busy and tired it can be tempting just to grab another pizza or ready meal, but cooking from scratch can be therapeutic as well as being healthier.

Do physical jerks. Doing sport at least once a week is the best way to reduce stress. It helps your body produce endorphins, which make you feel good. Even daily walks of 30 minutes can help reduce stress levels but it is even better to work out intensively. Even if you do not feel like it at the time, you will feel the benefits afterwards.

Take meditation. It might sound simple, but sitting quietly for 10 minutes a day can really help with stress levels. If you have never tried meditation before, it is worth a go. Good breathing techniques can put you in a more relaxed state as they

send oxygen surging through your bloodstream, helping to calm you down and beat the stress.

Take breaks regularly. Short breaks between working can help you switch off. But longer breaks are important too. How about taking the weekend off to relax? Make time for fun and for yourself even if this means that you have to schedule time away from your work. You will hopefully come back to your work feeling fresh.

Get a pet. It is said that spending time with animals is good for your health. If you pat a dog for a couple of minutes, your body releases hormones that make you feel happy and can decrease the amount of stress in your system. Most university halls will not let you keep an animal though, so spending some time with friends who have pets is a good option: you get the love without the commitment.

Sleep. Sleep is always the best medicine and some people find that small 20-minute naps can help increase productivity. Students tend to spend too much time on social media sites and answering emails, texts and phone calls. Sociability is fun, but too much of it, and too much computer time, can lead to more stress.

Quit smoking. Some people say they smoke to relax, but researchers on the European Board for Research on Nicotine and Tobacco [6] suggest that nicotine suppresses the hormone serotonin, which fights stress. This is another reason to give up this pernicious habit.

Try to see the positive side. If you missed a deadline, try to appreciate what you learned from this mistake: now you know how to plan ahead. Things might seem bad, but if you try, there is usually something positive to be learned.

Listen to music. Listening to music can help calm you down and put you in a better frame of mind. If you're feeling stressed, putting on some calming music while you work could really help.

Spend time with yourself. A major cause of stress, nowadays, is that young people get caught up in their study so much that they find little or no time at all for their own self. Thus, they become more prone to stress. So, to avoid stress, you should indulge in yourself. Play a game every day or go for concerts and art shows. Try to look at other fields apart from your study.

Conclusion. Stress is the spread thing during educational process and life in general. It can cause enormous harm to our body and mental health. Therefore, we have to be attentive to our feelings and thoughts. Sometimes your body just needs some rest. The most important thing you need to learn is how to avoid situations that may provoke it. As a result you will be able to better manage stress and concentrate on your studies.

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Маліновська Дар'я В'ячеславівна

Київський національний університет технологій та дизайну
(м. Київ)

Науковий керівник – Великожон В.А.

JURIDICAL BUSINESS IN UKRAINE: A LOOK INTO THE FUTURE

Juridical business is primarily a business whose purpose is to make a profit! Juridical business is a game that often goes beyond the established rules. Therefore,